ABSTRACT OF THE DISCLOSURE

An exercise machine making use of the body weight of an exerciser as a load weight thereof comprises a horizontal base, a vertical bar member, an upper rocking bar member, a lower rocking bar member, a connection bar, a seat pad, a back pad, a handle, a pivoting cross member (V bar) and cushioning members. Unlike a conventional exercise machine, the exercise machine so disclosed is composed of no weights. The vertical tube bar member is affixed to the base. The position of the upper rocking bar member can be adjusted by adjusting the pivoting position of the connection bar via the shuttle and two key pins. The exerciser can use the machine by sitting, kneeling, or standing on the seat pad of the machine for doing the muscle-building exercise.